Chicken Cacciatore10

Number of Servings: 10 (266.14 g per serving)

Amount	Measure	Ingredient
2 3/8	lb	Chicken, broiler/fryer, breast, w/o skin, raw
10.00	ea	Cooking Spray, butter flvr, 1/3 sec spray
3 1/4	cup	Tomatoes, diced, w/juice, cnd
1 1/8	cup	Onion, white, fresh, chpd
1.00	tsp	Spice, garlic Powder
1 1/8	cup	Peppers, bell, green, sweet, fresh, chpd
1/8	tsp	Spice, oregano, ground
1/2	tsp	Spice, thyme, ground
1 1/8	cup	Broth, chicken, low sod, cnd
4 1/4	Tbs	Flour, all purpose, white, bleached, enrich
9 1/2	Tbs	Water, municipal

Nutrients per serving

Nutrition Facts

Serving Size (266g)
Servings Per Container

Amount Per Serving

Calories 160 Calories from Fat 15

	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 290mg	**12%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 1g	**4%**
Sugars 3g	
Protein 27g	

Vitamin A 4% • Vitamin C 45%
Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Notes

* purchase 4 oz AP chicken breasts will = at least 3 oz EP
* Rather than buying canned chicken broth, buy a SALT FREE or REDUCED SODIUM CHICKEN BASE that is low in fat and use to make the amount of broth needed for the recipe

Place chicken breasts in single layer on sprayed or parchment-lined baking sheets. Spray with butter flavored non-stick spray. Bake at 350 degrees F for 30 minutes.

Cacciatore topping:
Mix flour with cold water and add, stiring in, to vegetables, spices and broth that have been warmed in stock pot.. Bring to simmering point while stirring and simmer for at least 2 minutes.

Transfer chicken to counter pans (or if volume is smaller you can bake above in counter pans). Now arrange breasts in overlapping fashion so you can get 25 breasts per counter pan. Pour equal amounts of Cacciatore topping (~1 gal/25 servings) over chicken in each counter pan. Cover with foil.

Bake at 350 degrees F for 1 1/2 hours or until all ingredients are tender and internal temperature reatches 170 degrees F or higher. Serve 1 chicken breast and #8 scoop or 4 oz spoodle/serving = 3 oz meat and 1 serving vegetable.